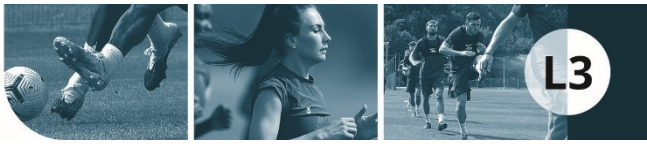
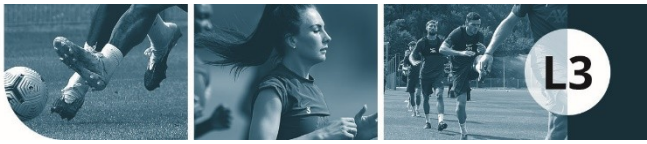


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**9: Nutrition for Physical Activity and Exercise**
Learning aim	**C: Assess and plan diets for health and participation in exercise and physical activity**
Assignment title	Working with a client.
Assessor	
Issue date	
Hand in deadline	

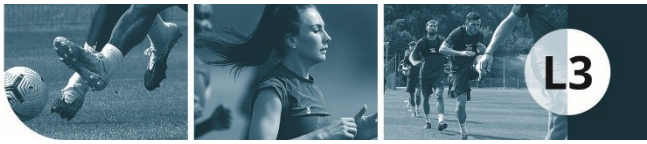
Vocational Scenario or Context	Since enhancing the induction, a new client asks for a review of their nutritional intake as they have a target of completing a 'Race for life' challenge as well as improve their exercise regime by adding fitness classes offered by the gym.
Task 1	As a trainee personal trainer, you ask to work with the client whilst being supervised by the senior PT. Initially you arrange an appointment with the client to conduct an assessment on their current nutritional choices. Task 1. In preparation for the appointment you create a handout on a balanced diet including: • Balance of macronutrients • Balance of micronutrients • Balance of food groups • Food groups • Impact of food preparation on the nutritional composition of food • Food labelling • Benefits of a balanced diet • Dietary concerns include 2 examples 2. To compliment the handout, prepare a Blog on nutritional supplements and strategies that could be appropriate for the client. Arranging a meeting with the client you initially assess their current nutritional choices and exercise patterns. 3. In the initial assessment use a questionnaire and food diary to generate information on their choices to date. 4. On completion of the initial assessment, set your client a goal for their new journey with nutrition.



	5. Plan a week diet plan including the concepts of a balanced diet as well as any supplements you feel would benefit the client. Within the plan add advice and guidance form government nutritional guidelines to justify the selected foods. 6. Arrange a second meeting with your client where you can share the food plan, offer a leaflet on nutritional support if dietary concerns are discussed as well as the benefits of amending their original diet.
Checklist of evidence required	A justified one-week diet and hydration plan for a selected client undertaking regular exercise and physical activity. This will include reviewing nutritional assessment of the client. The following information should be covered: • Balanced diet for health and wellbeing, remember to include appropriate hydration levels and suggested sources. • Benefits of a balanced diet and dietary concerns • Types of physical activities and exercise • Nutritional supplements and strategies • Advising and planning diets for clients

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
C.P5	Describe two different types of dietary concern.
C.P6	Carry out a nutritional assessment and explain the results of the assessment for a selected client.
C.P7	Produce and explain a one-week diet and hydration plan for a selected client, based on initial nutritional assessment findings.
C.M3	Produce and assess a detailed, one-week diet and hydration plan for a selected client who takes part in regular exercise or physical activity.
C.D2	Justify the one-week diet and hydration plan for a selected client who takes part in regular exercise or physical activity.

Sources of information to support you with this Assignment	**Textbooks** Adams, M. et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2016) ISBN 9781292134000 Bean, A. The Complete Guide to Sports Nutrition (Complete Guides) Paperback (Bloomsbury Sport; 8th edition 2017) ISBN 101472924207 Bubbs, M. Peak: The New Science of Athletic Performance That Is Revolutionizing Sports (Chelsea Green Publishing Co; 1 edition) ISBN-10: 1603588094 **Websites** Human Kinetics www.humankinetics.com



	The World Health Organisation www.who.int
Other assessment materials attached to this Assignment Brief	